

★ THE MASSEUR ★

American Association Masseur Masseur



VITAMIN'S
ICE CREAM

OFFICIAL BULLETIN

January-February Issue, 1958

DECATUR, ILLINOIS

Happy and Prosperous New Year-1958

ONE THOUSAND MEMBERS

I printed a membership certificate this past week that carried a file number of 1000. His name is Jesse C. McCullough, and he belongs to the California Chapter. So hats off to the 1000th member.

This means we have worked with one thousand men and women in building the AAMM. Wouldn't it be wonderful if were one thousand strong. But as it is we are just about half that powerful. We can't support the members if they don't support the association.

This is your organization and you will get out of it just what you put into it. Not in just dollars and cents, but fellowship, education, protection and fraternization.

We are planning our thirteenth annual convention this year and it is my sincere wish that every member will be able to attend. Since the last convention I have prepared over 50 new member certificates. To me it is just as important to keep that old member and have him interested in the association as it is to get new members only to lose them.

It isn't easy to keep the membership interested and on their toes. We had a chapter fold up and turn in its charter already this year. I don't say that is a bad

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Looking Forward To Our Next National Convention

The last quarter of a century has been the most remarkable in our country's history as far as scientific achievement is concerned. Especially the last 13 years has seen such great progress in the arts and sciences, such an increase in knowledge and higher education as was never seen before. We must make ourselves a part of this forward surge or be left by the wayside. A lack of understanding, a confused misconception of facts may produce charlatans and quackery. The wonders wrought in the field of massage are no less wonderful, no less amazing than the wonder drugs and the achievements in the field of surgery. They have, however, not received the publicity because, we as a profession, have not kept abreast of the times. We have not acquired the knowledge nor had the means to publicize the achievements. As individuals we can not do much or say much. It is our united efforts and mass voice that bears the weight of authority. The magic of electronics has done much to make massage and physical therapy interesting and popular, but unless this wide and varied knowledge becomes common knowledge throughout

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BUCK A MONTH CLUB

The total has reached \$177. To you members that have supported this movement I wish to thank and congratulate you. I wish to call your attention to the fact that your national officers were among the first to support this movement. That alone should be encouragement enough to stimulate the membership into backing this call to rescue our national finances.

In reading the Washington Chapter news sheet, I noticed that Oregon asked for more information about the purpose of the club. It is a program introduced by the Ways & Means committee headed by George Gammon of California, to help refinance the organization. When the new slate of officers took office last August they found the organization without finances to operate on. Knowing that the raise in dues would not help the situation for another year, the above committee introduced the Buck a Month Club. So I urge every member to support this fund raising campaign.

If you will notice the list published of the contributors you will find only 5 states represented by more than one member. Washington is represented by one. If our past National Sec'y-Treas. Arthur

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THE MASSEUR

Bimonthly publication of the
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
Charles W. Brooks, Editor
3111 North Water Street



D. S. CARLSON,

PRESIDENT'S MESSAGE:

CROWNING THE COURT FOOL INSTEAD OF THE KING

It is surely an incredible state of affairs when the entertainer rates higher in public esteem than those who watch over our health and welfare.

Yet today in our supposedly civilized society the jester or comedian rules over the minds of millions of chortling subjects who want nothing higher or better in this life than to kick off their shoes and spend an evening howling with mirth over hoary chestnuts dished out by the current jester, whoever he may happen to be.

That his side splitting witticisms were written for him by others and read by him from a script never seems to tarnish his golden crown in the eyes of his adoring subjects. He still takes his willing tribute from the masses who would rather roar with ill-advised laughter than sorrow and weep over their bodily sins.

Yes, we have crowned the fool and spurned the real kings amongst us. I refer particularly to those who would watch over us, who are concerned for our welfare, who have travailed for the truths that would keep our bodies free from pain and suffering, who have clearly demonstrated to us these truths by their own example in clean living, who have taught us how to be examples of radiant health so that our advice will be respected by others.

Are these to be overlooked and generally tolerated while the jester or court fool struts about over the world as if he were king indeed instead of the cheap jester that he is.

There isn't likely to be much of a change soon. I am not so naive as to think that my protest here will alter affairs in this sin-ridden and habit-bound world; but I have hope that some of our practitioners will understand and practice what they preach. Often our practitioners themselves do not notice such things until they are pointed out to them. Will we continue to pay tribute to the fool (jester) rather than to the kings?

(Continued from page 1)

sign, but it certainly isn't a good start for this year 1958. This has only happened twice in our history to my knowledge. But we must be very careful that it doesn't happen again. We can't make progress by going backwards. Of course we look into the history of all organizations and we find ups and downs, good and bad and as Aesop said centuries ago: "If it wasn't for the clouds we wouldn't enjoy the sun." But there has to be a better general trend forward than we have shown if we survive and remain a health association. We have everything to gain and nothing to lose, as we are about the only practicing profession that is dedicated solely in the maintenance and improvement of the public health.

Remember, Indiana Chapter has issued a challenge to all chapters. They are going to double their state membership in 1958. California has promised to give them a race. If two chapters can get that enthused, it looks like the other chapters could come up with some improvements too. Here I would like to come up with something original, but all I can think of is, let's all get our shoulders to the wheel and push like the dickens. Make progress the theme for '58.

The Babblin' Brooks

THREE I's and BIG W

Indiana, Iowa, Illinois and Wisconsin Chapters. Plan now to attend the Quad States Convention to be held in April, at Peoria, Illinois. Definite date and place to be announced.

We will try to have an educational program, as well as some relaxing entertainment.

Indiana members will be there to inform us of their plans for the National Convention. Their's is a big job, let's give them a lot of support.

When you fail to attend and take a part in our meetings and conventions, you are missing a chance to learn and progress. Also the opportunity and the privilege of much fine fellowship.

Mary E. Howells
Convention Chrm.

EDITORIAL COMMENT

M. T. Bakke, R.M.
308 North 10th St.
Fargo, North Dakota
December 30, 1957

Dear Masseurs and Masseuses:

As I am writing this letter, we are very close to the year of 1958. At this time, I would like to take the opportunity to wish you all a most Happy and Prosperous New Year! Of course, if we wish to prosper, we must work, individually and as a group.

Through the recommendation of

Mr. Sam Dahlgren, Mr. Carlson, our president, has appointed me Chairman of the Editorial Committee. To me, this is an honor and I shall get busy and see what can be accomplished. I am sure that much can be done, if we get the full cooperation of all the members of our organization.

The purpose of our paper, The Masseur, as I understand, is to inform our members of the activities of the A.A.M.M. and the activities of its various Chapters throughout this country; to serve as a source or medium through which we can express our ideas and opinions; to serve as a stimulus to our profession, and much more. I am asking you, and you, and you, and all of you to please help furnish material for publication in the Masseur regularly, this must be done!

I know it isn't always possible for us all to attend every Convention, but nevertheless, we must help our organization in every way we can. As Patrick Henry once said: "We must either all hang together or we hang alone." Thank you kindly.

Very sincerely,
M. T. Bakke, Masseur

(Continued from Page 1)

the nation in our profession it becomes confusion and chaos. Only by great national gatherings like our national conventions can we hope for our profession to be kept abreast of other professions engaged in the field of healing. Only through such national meetings can we all be indoctrinated alike to make this common knowledge professionally available on a national basis. We can not afford to lag behind. Our services become standard and our standards higher where we as a professional group engage in uniformly increasing our knowledge.

This increased knowledge means greater professional success, and satisfaction. It also means greater prosperity, increased income for

those engaged in massage therapy. "Except ye give you cannot have, for such is the law of life." We believe that quotation, and we are preparing for you at Indianapolis the greatest and the most unique convention in our history.

We are assembling here unbelievable rewards for those who will come and get them. This is to be more than a convention in a sense. It will be a great Post Graduate Educational Congress. The greatest educators in the field will bring you gems of wisdom, simplified techniques that produce results like magic, easy ways to solve hard problems, new methods that will assure success in your field, methods that will draw patrons like a charm, and ideas that will make you one of the most sought after servants of mankind and one of the most honored and prosperous citizens of your community.

This will not be given you as a drab hard course of study. The training will be given through systemized applied psychology in ways as fresh and new as the atomic age, as easy and enjoyable as watching a show. It will be mixed with thrills and entertainment that will make it as interesting as a big birthday party, a party planend especially for you. You had better mark the days of August 7, 8, 9, and 10 as red letter days on your calendar and start making your plans to be here with us at the Severan Hotel in Indianapolis, Indiana. Here radio and television will be used to carry out this program for the first time. Many new and exciting experiences will await you here.

This may sound as impossible as getting good \$20.00 bills for \$1.00 but don't sell us short and be sorry. Better be making your plans to come and see. Too often we are inclined to doubt or just think—"I would like to be there and see, but I just can't afford it." I tell you confidentially, my friend, this is one meeting you really can't afford to miss. So you had better

start planning now. We will be looking forward to greeting you here and making this the most progressive and memorable four days of your life.

Lowell M. Spangle

NORTH DAKOTA

Meeting of the N. Dak. chapter of the A.A.M.M. was held Dec. 7, 1957 at the home of Mr. and Mrs. Dougald Munro, 313 4th Ave., No. Grand Forks, N. Dak.

Called to order by Pres. Leonard Neels of Wahpeton, N. Dak. Prayer by Chaplain Dougald Munro.

Sec'y-Treas. read the minutes of the last quarterly meeting and approved as read.

Treas. report was read and approved.

Letter was received from Mr. John Taves of Casselton, that it was impossible for him to come, but wished real success with our meeting.

Discussions were held on various subjects and when to start getting ready for the legislature problem. Also happenings to members around the various towns.

A number of demonstrations were given and the members enjoyed being treated instead of giving treatments.

Next meeting will be held March 22, 1958 at 308 10th St., No. at the home of Mr. Milfred T. Bakke.

There were nine members present and 3 guests present and a social hour followed.

Motion to adjourn. So carried.

Samuel G. Dahlgren
N. Dak. Chapter
Sec'y-Treas.

Customer—"Do you think that long hair makes a man look intellectual?"

Barber—"Not when his wife finds it on his coat; it then makes him look foolish."

"Sir, my wife said I was to ask for a raise."

"Good. I'll ask my wife if I may give you one."

VITAMINS
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(Continued from Page 1)

Melson had taken or demanded the money that was due him at the time he left office, we would really have been in the red. But Arthur refused all the salary that was due him. And I think we owe him a big vote of thanks.

The following is a list of the members and what they have sent in to Samuel Dahlgren National Sec'y-Treas. 1104 4th Ave., S., Fargo, N. Dakota.

George Gammon, Calif.—\$12.00
 Samuel Dahlgren, N. Dak.—\$12.00
 Frank Persitza, Wis.—\$12.00
 Mary Howells, Ill.—\$12.00
 David Carlson, Ga.—\$12.00
 John Persona, Wis.—\$12.00
 May Arrasmith, Ill.—\$3.00
 Stewart Piper, Wash.—\$3.00
 Lucy Walser, Calif.—\$5.00
 Mildred Tandy, Calif.—\$12.00
 Jane Felts, Ga.—\$1.00
 Lona Martin, Calif.—\$12.00
 Henry Knie, Ill.—\$1.00

Total of \$109.00.

Money sent in between November 1 and December 31, 1957.

Jack Mayfield, N. Dak.—\$12.00
 Richard L. Frysing, Ill.—\$12.00
 Lois Essex, Calif.—\$12.00
 Dougald Munro, N. Dak.—\$12.00
 Charles W. Brooks, Ill.—\$12.00
 Theresa M. Sourbeck, Calif.—\$2.00
 Jane C. Felts, Ga.—\$4.00
 Pauline Landers, Calif.—\$1.00
 Total of \$68.00.

LEE FOUNDATION OF NUTRITIONAL RESEARCH WHAT'S IN A LABEL?

Before buying the so-called Natural Vitamins the doctor should read the label thoroughly and be sure that he is getting pure cold-processed natural vitamins and not a masked highly processed food or synthetic vitamin.

If You See:

(Example)—**Vitamin C or Bioflavinoids** made from corn sugar or corn syrup, be careful. Corn sugar is a synthetic sugar made from starch in this country—from sawdust in Germany.

If you want a synthetic vitamin made from a synthetic sugar that is your privilege, but it should not be sold to you under the pretense of being fully as capable as the completely natural vitamin.

Vitamin D from irradiated yeast—Irradiation is the application of some form of radiation (x-ray, radium, ultra violet or other radiation) to a substance to give it therapeutic value or to increase that which it already has. Is This Natural? Cod liver oil is natural vitamin D, carrots contain natural vitamin D, butter contains natural vitamin D, and in all these forms there is enough vitamin F present to control the toxic reaction of the vitamin D. Naturally it is much cheaper to irradiate yeast than it is to take it from accepted natural sources where the vitamin D has filtered through living cells.

Vitamin B, in high potency—10,000 I.U. or more is high, and it is a known fact that excessive high doses of thiamin causes fatty degeneration of the liver unless adequate choline and betaine are supplied. This illustrates, then, how a synthetic vitamin can cause an imbalance in the body. We believe thiamin in pure form even if from a natural source, should never be present in any high potency. It is dangerous without its partners.

Amino Acids—Real amino acid complexes are very expensive and most companies use the synthetic forms. You can tell what type they use by the chemical symbol used: 1—means levo which is the organic and natural form; dl—means dextro-levo which is the synthetic form. Price-wise, the dl amino acids are much cheaper than the 1 or natural type, for example: Methionine 1—1000 grams is \$6800.00 while Methionine dl—1000 grams is \$45.00. Tryptophane 1—1000 grams is \$1650.00, whereas, Tryptophane dl—1000 grams is \$490.00.

The doctor who proceeds to use vitamins in **HIGH POTENCY** amounts is quite likely to get into

that intermediate zone where the effects are beginning to reverse. That will explain the confusion in the reputation of vitamins in general as therapeutic agents. It explains why a natural complex may produce results quite unattainable by any known combination of synthetic products. In no other field has a synthetic food been found comparable to a natural one. In natural complexes the vitamin is concentrated by nature and as soon as you try to increase the potency you destroy many of the natural associated factors which gives that vitamin the specific effect.

I am sure no doctor today would recommend to his patients that they should eat synthetic or processed cheap foods. Then why would a doctor recommend cheap so-called natural processed vitamins of the corn syrup variety or synthetic vitamins? Have the detail man explain the label to you if there is any question. Have him prove to you that his vitamin is from an organic natural source. Have him prove that the source of material is from plants raised on organic soil. Have him prove that the materials have not been heated in the sterilization process (sterilization by heat destroys the natural associated enzymes and amino acid factors.)

**BE SURE THE VITAMINS
YOU USE ARE NATURAL AND
ORGANIC (COLD STERILIZED.)**

Richard L. Chipman.

MOMENTS

By ignorance we make mistakes, but by mistakes we learn.

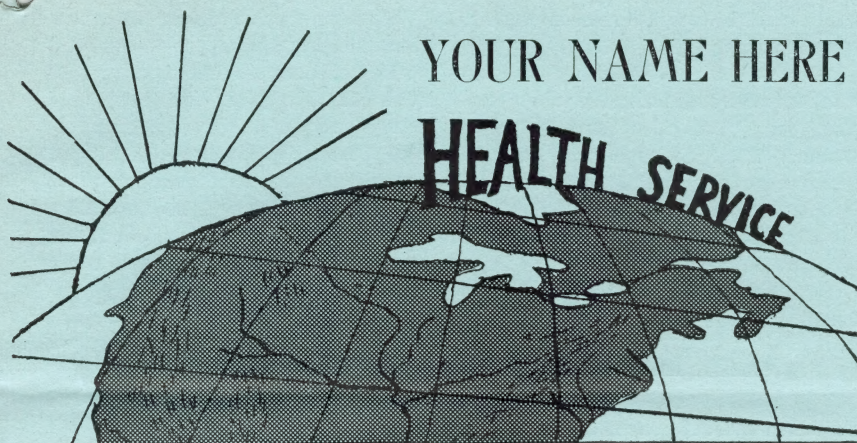
A man can dignify his rank; but no rank can dignify a man.

Poetry is vocal painting, as painting is silent poetry.

A diplomat is one who can put in his oar without tipping the boat.

The only time you should blow your own horn is when you're in the band.

Some minds are like concrete—all mixed up and firmly set.



We Honor The Dead... Why Not The Living!!

THE LAY MAGAZINE

This little magazine is used by the American Association of Masseurs and Masseuses in an effort to inform its readers and get them interested in their health and a better way of life.

This little practice building magazine is suffering from the want of purchasers. So far only about six practitioners have sent in their orders. If I have to set it up and print it for just that many it will be a losing proposition. Although I will do it rather than see it fall entirely by the wayside. I can see a great future for this

type of literature. I mentioned last issue that we have several users reorder during the year. They recognized and realized the value of the idea behind the magazine. So if you are interested send in your ad with your check to Dr. Chas. W. Brooks, 3111 North Water St., Decatur, Ill. Fifteen dollars buys one hundred copies. This also includes an envelope for each magazine and shipping costs to you. Your ad space is one half page on the back cover and your business name appears on the front page.

HOW DO YOU LIKE YOUR ICE CREAM?

Gone are the days when eggs were used in ice cream. Now diethyl glucol holds the confection together. This poison is an ingredient of other products such as anti-freeze, paint remover, refrigerants, solvents for vat dyes, and in composition cork.

Maybe you'd like some flavor with your diethyl glucol mess. If you choose vanilla we'll give you your flavoring with piperonal, a poison commonly used for pediculi-

cide or lice killer. If you'd like cherry flavored ice cream we'll give it to you by using Aldenhyde C-17, a poison used in aniline dyes, plastics and synthetic rubber. For your pineapple flavor we'll give you ethyl acetate, a poison used to clean leather and textiles. (ethyl acetate is known to cause chronic pulmonary, liver, and cardiac damage). The poison known as butyraldehyde gives that nut flavor to your favorite confection but it is also used as an ingredient of rubber cement and synthetic resins. Amyl acetate, a poison used as a

bronzing liquid and oil paint solvent is used to give us the flavoring for banana ice cream. Benzyl acetate is a nitrate solvent but also makes a good substitute for strawberry syrup.

Cheeses are ruined just about like ice cream in the U.S. Our processors use benzoyl peroxide, diacetyl, alginic acid, methyl cellulose, and sodium carbox-methyl. If you'd like to find out what these are used for ask your local pharmacist. It will amaze you to find out what you are putting in your stomach when you are supposed to be getting something good and nutritious.

Glenn D. Carlson.

MASSACHUSETTS NOV. MEETING

One of the largest groups in the history of our Chapter gathered at the "George Massage School" of 201 North Washington street, in North Attleboro on Sunday, November 17, 1957 with Virginia C. George acting as chairman. After a prayer by Ida Thorson, from Rhode Island, visitors were introduced to the members. At the business meeting it was decided to allow students to join the Massachusetts chapter immediately upon graduation without payment of the State application fee at the next meeting. Also the State dues would not be increased for this year, just the National, making the new dues \$21.00. We accepted Cecil George, an instructor at the "George Massage School" as a member. It was voted that Henry A. LaFleur would be convention chairman at the hotel Bancroft in Worcester, in May.

A banquet was enjoyed next door in the Hotel Hixon with the dinner speaker, Hector J. Deblois of the Attleboro board of health, who spoke of massage, its benefits and history. Also discussed the board of health problems over the past twenty years, and state laws

VITAMIN
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governing massage.

Cecil George demonstrated a special massage technique, Henry A. LaFleur showed what can be done for strains with Alma Leeping giving a relaxing massage.

It was announced that Ann B. White would be chairman of the next meeting January 19, 1958 in East Walpole.

Submitted by,

Ann B. White,
Pres. Massachusetts
A.A.M.M.

if it's a bad one, be man enough to back it up.

I heard an old man say that his father told him when he was growing up, "Son it's hard to be a man." Well he was one hundred percent right, and I find that you have to even work at it to get results. So let's try real hard in the future to keep our credit good and it will pay big dividends for us some day.

Editor

CREDIT

Give credit where credit is due. The word credit has several meanings. It can mean praise or honor such as "I will give him credit for that or his credit isn't any good."

While working with the advertisers that support our registry and year book, we ran across several accounts that had advertised with us in the past. On soliciting their patronage this year we learned that some of them had not paid for their previous ads. When questioned about their accounts they replied that some of our members had bought merchandise from them, but had not paid their bills, so why should they pay for the ad.

The association shouldn't be asked to suffer because a member's credit is not good. No member knows just when he will want the association to back him up, but if he is dishonest and his credit isn't any good he certainly is no credit to the association.

Now I am not just writing this article to see this in print. I know of what I am writing. I have received letters in the past from dealers that have extended credit to some of our members. So has our president, Mr. Carlson. There was nothing we could do for the dealers but feel sorry for them. But here is the rough spot. All the members will have to suffer for the behaviour of one. A man's word should be as good as his bond. If you make a deal, even

KENTUCKY CHAPTER OF A.A.M.M.

Nov. and December Meetings

Met at C. E. Siebert home in Dawson Springs, Nov. 17, 1957. Went out and had dinner as usual. Came back. Meeting was called to order 2:30 p.m. by our President Delbert Vincent presiding. 5 members and 4 guests present.

Minutes were read of the last meetings and approved as read.

Motion was made by Siebert and seconded by Marion Simmons that the Secretary notify the members that haven't paid their 1958 dues. Have notified them twice already.

We were happy to add a new member to our chapter, Mrs. Opal Wells, she is now working with Marion Simmons in Central City, Ky.

We drew names for our Christmas gifts, as we always have a Christmas party.

Our next meeting will be at Delbert Vincent's in Providence, Dec. 15th. There being no further business, the meeting adjourned at 4:00 p.m.

Mary E. Simmons
Sec'y-Treas.

Held their monthly meeting at Delbert Vincent home in Providence, Dec. 8, 1957. Enjoyed a delicious dinner.

Meeting was called to order at 2:30 p.m. by Pres. Delbert Vincent with 5 members and 4 guests present.

Minutes were read of the previous meeting and approved as read.

There being no business to take care of, we had our Christmas party and exchanged gifts. Every one had a nice time. After the party refreshments were served.

Next meeting will be at Marion and Mary Simmons home in Livermore, Jan. 19, 1958. Hope every member will be present.

Meeting adjourned at 4:00 p.m.

Mary E. Simmons
Sec'y-Treas.

IDAHO CHAPTER A. A. M. M.

November 17, 1957, home of Minnie Keim, Nampa, Idaho.

Meeting called to order by Marion Sutton, President. He conducted the installation of new officers as follows:

Mrs. Minnie E. Keim, President.
Mrs. Lela Swanson, Vice-Pres.
Mrs. Mary Babbitt, Sec.-Treas.

Letter from Ruth Williams was read, permitting Idaho to put news in the Washington News bulletin. Charge \$1.00 per member per year.

Motion made by Bocek, seconded by Lillian Johnson that every member send an item to Mary Babbitt before December first for the next issue of the Washington news. Passed.

Motion by Paul Bocek, seconded by Marion Sutton to contact Frank Lasher and invite him to be present at the next meeting to discuss a cooperative relationship between his school and the Idaho Chapter of A.A.M.M. Passed.

Motion by Dale Momany, seconded by Paul Bocek that secretary write the National and request information as to THE BUCK A MONTH CLUB and proposed increase of dues in '58.

Next meeting will be at Mary Babbitt's home, January 19, 1958.

Meeting adjourned and discussion on colonic irrigations was contributed by various members. Mrs. Keim passed out diagram and instructions for constructing an in-

expensive and simple apparatus for home or shop use.

Mrs. Keim, as always the gracious hostess, served a delicious cake with a yummy sauce and coffee.

Mary M. Babbitt
Secretary-Treasurer

NEW PREXEY

Milton Niedfelt, 805 E. Denny Way, has been elected president of the National Nutrition League. Niedfelt, a member of the Seattle Massage Examining Board, said he was glad to accept the post because of the opportunity to do work that will help the American people to be better nourished. "Just because we eat food three times a day doesn't always mean that we are getting all the nutrition we need," Niedfelt commented. "We keep improving our machines, our buildings, the clothes we wear, man is even about to go to the moon, but it is probably safe to say that we have not been making equal progress in the diet we select for ourselves." He said housewives don't always take their responsibilities seriously enough in preparing foods for the table that will provide sufficient nutrition for the family.

HANDS ARE MORE THAN MACHINES

Reprint from Idaho News
By Dr. Ernest Weltmer

Your hands are your most spiritual organs. You express your spiritual powers when you try to do better than your best, and only hands can do that. So long as you "take it easy" doing only enough to get by, you will express only the powers of mind and body. But when you do your best and then yearn to do more you will find that your hands have a feeling of giving out, radiating, even though they may not be directly involved in your action. You are drawing

on and expressing your superpowers, your spiritual powers.

Whenever you use your hands in Massage, even the simplest manipulation, practice conscious giving out of your life forces. A very good practice is to think, every time you apply your hands in helpful service, "Every power of life that I can give to you, every power of God that can flow through me, I give to you for your perfect healing." To do this regularly will establish a habit that makes it become automatic after practice. You become more than a Masseur—although that could be enough—you become a healer.

I once knew a man who, having been healed by a Chiropractic, became a Chiropractor. When he opened his office he found that he healed many of his patients before he had finished their Diagnoses. To him Chiropractic was a Cause, a MISSION, Glorious Adventure, a LIFE SERVICE. He gave out to his patients according to his consciousness and those who were sensitive and responsive received so much of spiritual power through his diagnostic manipulations that they were healed. (Later, when his daughter, unable to adjust to his prosperity ran wild and worried him to distraction, he "lost his power" and he soon died, really of a "broken heart.")

I have known several Masseurs that were healers, although they were too canny to advertise the fact. Their patrons soon began responding to their doctors' treatments, or, if they were not under treatment, just naturally got well "because Massage made them feel so much better." One nurse was soon in demand by Surgeons who found that their patients always recovered when she had their after-care.

Spiritualize your Massage and healing will follow the use of your hands in faithful service.

GEMS OF WISDOM

One thing about being bald—its neat.

Happy is the man who can set his miseries to music and then sing them into oblivion.

Worry is the advance interest you pay on troubles that never come.

When men speak ill of thee, so live that nobody will believe them.

There is no happiness without a corresponding degree of health, and no health without a corresponding degree of happiness.

"Does she know much about cars?"

"Naw. She thinks you cool the motor by stripping the gears."

Old Gentleman—"I see that in London a man is run over every half hour."

Old Lady—"Poor fellow."

He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.

The mintage of wisdom is to know that rest is rust, and that real life is in love, laughter, and work.

Go often to the house of thy friend, for weeds choke the unused path.

Nothing can bring you peace but yourself.

Doing good to others is not a duty. It is a joy, for it increases your own health and happiness.

Let us be of good cheer, remembering that the misfortunes hardest to bear are those which never happen.

VITAMIN'S
ICE CREAM

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Baths, Plasmatics and Ultrasonics.
CASSELTON, NORTH DAKOTA

OPINION

What one approves, another
scorns,

And thus his nature each
discloses;

You find the rosebush full of
thorns,

I find the thornbush full of
roses.

DIPLOMAS AWARDED

Correspondence and residence courses in
Physical Therapy, Swedish Massage, Hy-
drotherapy, Drugless Therapy, Psychology
and many others. Our school is now ap-
proved and certified by the National As-
sociation of Masseurs and Masseuses.
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